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2 IN THE CLAIMS:

3 Please amend the claims as follows:

4 1. (Currently Amended)

5 A method of using a baseball training device for one to acquire improve batting form  
6 comprising the steps of:

- 7 (a) placing a first foot on the baseball training device, the baseball training device  
8 comprising: (i) an integrated pivoting unit comprising a first flange and a second  
9 flange in facing relation, the first flange pivotally attached at its center to the  
10 center of the second flange, a bearing housing defined where the first flange is  
11 pivotally attached to the second flange for holding ball bearings, the first and  
12 second flange each having an outward facing surface; (ii) a foot-engaging member  
13 attached with fastening means to the outward facing surface of the first flange;  
14 (iii) a ground-engaging member attached with fastening means to the outward  
15 facing surface of the second flange; and (iv) a ~~sealing~~ friction inducing member  
16 encircling the bearing housing;
- 17 (b) assuming a batting stance, placing a second foot approximately a shoulder's width  
18 apart from the first foot, and cocking a bat above the shoulder corresponding with  
19 the first foot;
- 20 (c) shifting weight so that the majority of one's weight is supported by the first foot;
- 21 (d) swinging the bat, and simultaneously rotating the first foot on the baseball  
22 training device but not moving the first foot off of the baseball training device so  
23 that one's hips rotate in the same direction as the bat; and
- 24 (e) completing the swing.

25 2. (Currently Amended)

26 The method of claim 1 wherein the ~~sealing~~ friction inducing member is a rubber o-ring.

27 3. (Original)

The method of claim 1 wherein the fastening means are rivets.

4. (Original)

The method of claim 1 wherein the foot-engaging member and the ground-engaging  
member are round.

5. (Original)

The method of claim 1 wherein the foot-engaging member and the ground-engaging  
member have the same diameter.

6. (Original)

1 The method of claim 5 wherein the diameter ranges from 3.5 inches to 6.0 inches.

2 7. (Currently Amended)

3 A method of using a baseball training device for one to acquire improve batting form  
4 comprising the steps of:

- 5 (a) placing a first foot on the baseball training device, the baseball training device  
6 comprising: (i) an integrated pivoting unit comprising a first flange and a second  
7 flange in facing relation, the first flange pivotally attached at its center to the  
8 center of the second flange, a bearing housing defined where the first flange is  
9 pivotally attached to the second flange for holding ball bearings, the first and  
10 second flange each having an outward facing surface; (ii) a round foot-engaging  
11 member having a first surface and a second surface, the first surface and second  
12 surface being on opposite sides of the foot-engaging member, the first surface  
13 attached with fastening means to the outward facing surface of the first flange;  
14 (iii) a round ground-engaging member having a first surface and a second surface,  
15 the first surface and second surface being on opposite sides of the ground-  
16 engaging member, the first surface attached with fastening means to the outward  
17 facing surface of the second flange; (iv) a ~~rubber o-ring encircling the bearing~~  
18 ~~housing a sealing~~ friction inducing member encircling the bearing housing; and  
19 (v) a cover material attached to the second surface of the foot-engaging member  
20 and to the second surface of the ground-engaging member;  
21 (b) assuming a batting stance, placing a second foot approximately a shoulder's width  
22 apart from the first foot, and cocking a bat above the shoulder corresponding with  
23 the first foot;  
24 (c) shifting weight so that the majority of one's weight is supported by the first foot;  
25 (d) swinging the bat, and simultaneously rotating the first foot on the baseball  
26 training device but not moving the first foot off of the baseball training device so  
27 that one's hips rotate in the same direction as the bat; and  
(e) completing the swing.

8. (Original)

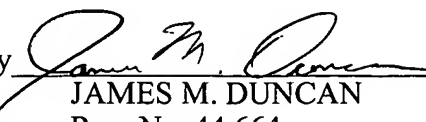
The method of claim 7 wherein the foot-engaging member and the ground-engaging  
member have the same diameter.

9. (Original)

The method of claim 8 wherein the diameter ranges from 3.5 inches to 6.0 inches.

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Respectfully submitted,

By   
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